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The word ' chakra ' means  
' wheel ' in Sanskrit. The yoga

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familiar with the Chakra's yet are looking for more ways to work them directly. When we work with the Chakra's in the way ...

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alternative methods, such as chakra work, to find relief. Chakras are wheel-like energy centers in the body that correspond to physio-emotional functions.

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O'Malley

He is the author of Yoga, Your Home Practice Companion and Sivananda Beginner ' s Guide to Yoga. Teacher Srinivasan is a senior disciple of Swami Vishnudevananda and director of the Sivananda Ashram ...

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help us open up our chakras. The  
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Bella Hadid all use them. Just in ...

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We ' ll admit our interest started to  
wane when talk of chakras arose with

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the author, but a quick flip through the book kept things interesting. Foolproof is divided into five sections.

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Beginners are welcome. On Thursday,  
Kathy ...

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Ajna: corresponds to the cavernous plexus. Sahasrara: corresponds to the pineal gland. The chakras are sacred centers, which correlate to levels of consciousness. Simply stated, they are a ...

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